

United States Gymnastics Federation

# GYMNASTICS NEWS

September-October 1980

Vol. IX, No. 5

## "1980 Gymnasts of the Year"



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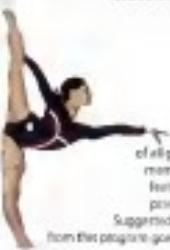
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# Gymnastics News

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## United States Gymnastics Federation

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Roger L. Counsil

## EDITORIAL

### International Invitational A New Meet with a Promise

The first annual USGF International Invitational Gymnastics Competition in Hartford, Connecticut, has come and gone. We have good feelings about this new meet on the International Calendar. The reception by the various delegations was overwhelming. Meet administration could not have been better, and our hosts at the Hartford Civic Center were most gracious and efficient.

It was with some trepidation that we planned the USGF International Invitational, but felt that the athletes should have a full calendar of competition of lieu of participation in the Olympic games.

With the meet scheduled on relatively short notice, we felt that the organizational aspects of the meet, using much of our experienced volunteer help from the World Championships, came off smoothly and without any administrative problems. The quality of the competition was outstanding. There was much apprehension in the American camp because of the fact that there were many new faces on both the USA Women's Team and the USA Men's Team. The athletes who competed in Hartford, however, can be a source of pride to the American gymnastics community. They were a talented and aggressive group of young people, and wanted so announced to the world gymnastics community that the new generation of American gymnasts is on the doorstep of the world.

Since the competition, we have heard from many of the nations who would like to continue the competition. CBS Television, likewise, was thrilled with the competition,

and would like to continue to cover the meet for the next two years. We are looking forward to the 1981 version of the USA International Invitational Meet and hope that in light of the World Championships, scheduling will permit us to return to Hartford, Conn. for the competition. We feel that geographically it is a good site, and the facility there is outstanding. It is our plan in 1981 to move the meet a few weeks later so that it will better coincide with the International Calendar competition, allowing the athletes from all nations more preparation time for the meet.

#### New Magazine Format

Addition of bio-mechanics, sports medicine, and technical article, will offer more to readership.

We are attempting to breathe some new life into the USGF News. In the past we feel that our publication has served the needs of the gymnastics community well from a standpoint of pictorial reporting and meet reporting. We do feel, however, that there is a need for more articles of a technical nature, and articles that touch on background information for coaching, such as, club management, program development, physiology, bio-mechanics, sports medicine, psychology, or any other area that would touch the lives of coaches and teachers and help them do a more effective job. I would also take this opportunity to put out a call for anyone who feels that they have something unique to share with their colleagues, to submit their articles to us so that we can truly be a medium through which ideas are shared. I look forward to an improved USGF News in coming months and hope that you will all want to be a part of our effort at one time or another.

# Biomechanics—What Can It Do For Gymnastics?

**Andrew Dainis, Ph.D.  
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Exactly when should the toes be brought to the bar for a kick? What distance should the board be from the horse? What is the best technique for doing the double full? Is it feasible to do a double Tsukahara vault and what would it take? There are just a few of the many questions that biomechanics can answer, if not presently, then certainly in the future.

Biomechanics, which can be broadly defined as the application of principles of mechanics to living things, is based upon fundamental laws of nature which were stated by Newton and others in the Seventeenth Century. These of these principles act as a basis for the understanding and teaching of movements in sport, however, has a very recent history. The current effort can be partially attributed to the emphasis on sport as a means of achieving national and international recognition, and to the development and availability of high speed computers which can handle the very complex and once tedious calculations that characterize studies of the human body in motion. Presently we have available the knowledge, tools, and methods necessary to answer the above questions and many others in addition, but particularly in this country the talent and man-power to carry out the task are generally lacking.

The knowledge and work in biomechanics related to gymnastics should exist at two levels. Firstly, there is the practical level which can be used in the gym. The second is the experimental and theoretical level where research into gymnastics is carried out. With regard to the practical level the gymnast, the judge, and particularly the coach, should have a "feel" for the principles of mechanics so they can function effectively in their particular capacities. Often coaches inadvertently ask gymnasts to violate the fundamental laws of nature, and occasionally the evaluation of technique by judges is based upon misconceptions. It is very fortunate that the human individual is capable of "locking in" on effective movement patterns through a trial and error process, enabling him or her to learn the skill in spite of inappropriate coaching cues.

What sort of knowledge is required for competent coaching? As an example, many people do not realize the following: If a 60 pound and a 140 pound gymnast were both to simultaneously jump from a high bar, they would land at exactly the same instant. The speed of horizontal motion of an airborne gymnast can in no way affect the time the gymnast spends in the air. Also, no possible

action of the body parts of an airborne gymnast can change the motion of his/her center of gravity. These are rather direct and very basic examples of the application of biomechanical principles to gymnastics. As well as the purely mechanical aspects of force and motion, a knowledge of the structure of the human body is also important. An understanding of the location and properties of the principle muscles, bones, and joints is essential if we are to devise useful exercises and do gymnastics in a noninjurious manner.

Achieving biomechanical competence at the practical level involves three steps:

1) The first step should be a study of the fundamental principle of mechanics and human anatomy. The basic laws of mechanics which apply to gymnastics are not many in number, and if appropriately presented do not require a knowledge of mathematics. Human anatomy is a fascinating subject, the study of which can be very rewarding to all those concerned with gymnastics performance. It provides one an understanding of physical limitations in flexibility and strength, as well as the nature and cause of injuries.

2) The second step involves the assimilation of the fundamentals of mechanics and anatomy into a framework which can be applied to gymnastics performance. This process requires that the concepts must be understood and that we develop a feel for how they interact and function in many different situations.

3) Finally we must learn to flexibly apply the concepts and principles during the coaching, performance, or judging of gymnastics. Usually we cannot use the "cookbook" approach, i.e., as a given situation use a particular correction. This is because each gymnast tends to make a different combination of mistakes and has differing physical capabilities and characteristics. Besides, we usually do not know exactly what the best way of doing the skill is. Although many books have been written on the subject of coaching gymnastics, it is impossible for any one to come close to describing everything about the many hundreds of gymnastics skills presently in use. The coach and judge will always have to rely on his/her own experience, intuition, and knowledge as primary resources. It is this continual challenge that makes working in gymnastics a very interesting and challenging experience. In general, the superior coach will be the individual who has studied the biomechanical principles and can apply these at the gymnasium.

The above described level of knowledge can only unequivocally provide answers and directions for the more simple movements. We are all aware of controversies among coaches regarding the methods to be used in coaching and performing the more complicated and difficult skills. The use of intuitive methods in the analysis and teaching of many movements is limited by the ability of the human brain to interpret the many

Continued p. 5

## Biomechanics Corner

variables that play a part. Even if the motion of the gymnast can be adequately observed by the eye, the forces which cause all motion have to be deduced by guesswork. Usually there are many forces which interact in complex ways and it is difficult to understand the relevance of the many factors that are operating. Also in movements such as take-offs and landings, the body as well as the apparatus deform in small but subtle ways.

To examine and understand the more complex skills as well as provide assurance of our correct interpretation of the simpler movements, scientific measurement techniques and analyses have to be employed. The type of knowledge required to carry out the experiments and interpret the results represents the second level of biomechanical capability. The basis of such knowledge is a rigorous foundation in mechanics and mathematics, an understanding of the human body, and an appreciation of the many aspects of gymnastics performance.

To date, only a handful of skills have been investigated scientifically, and these only in a very limited manner. Frequently, the restrictions placed upon the experimental situation in order to control variables prevent the results from being applied generally to practical situations. The complete investigation of a skill or a class of skills may be carried out in three successive stages: analysis, modeling, and optimization.

1) The movement must first be recorded and analyzed with regard to positions, angles, speeds, accelerations, and forces. This is frequently carried out using medium speed cinematography (film speeds up to 500 frames/second). The many film frames are digitized to determine the locations of the various body parts throughout the movement. A computer is then employed to calculate the speeds, angles, accelerations, and forces which were responsible for the movement. The results of such an analysis often provides an in-depth understanding of the important factors, and the comparison of data from skilled and unskilled gymnasts can be used to determine how the unskilled gymnast's technique should be altered. However, this technique is limited to comparisons with specific performances which may or may not be the best way of doing the movement. Also, an action which may work for one gymnast may not work for another because of differences in body size, strength, and flexibility. The results from the analysis may be often used to implement the second step.

2) A model is formulated which mathematically is able to imitate the actions of a real gymnast. The model will be a mechanical simplification of the body which nevertheless can represent the characteristics and motions we are interested in. For example, we may choose to only work in a vertical plane, and represent the arms and legs as being rigid segments connected to the trunk by hinge joints. Once all of the forces acting on every rigid part of the body have been identified their resulting motions can be calculated by use of a computer. Although simply stated, for anything but the simplest models this step can involve many pages of mathematical equations and extensive computer programs. There are many advantages to having such a model available. We are no longer restricted to obtaining results from real gymnasts. We can play with any of the variables such as body size, shape, strength, starting position, speed, and timing of actions, and alter

these to see what the result of the particular set of actions will be. Of course, as no real gymnast is involved there is no danger of injury, and we can precisely control all of the variables as we wish. Actually, this type of manipulation presents considerable problems because of the large number of variables we have to control. The experience of trying to make a computer model of a gymnast do a skill makes one quickly realize the critical coordination and timing that even a simple trick requires. For simpler movements a trial-and-error approach to the manipulation of the variables may be successful in determining the best technique to be used in a given situation. In the case of more complex movements a more efficient method has to be utilized.

3) Optimization is a process whereby the variables are manipulated (within physical and physiological limits) in order to achieve some best outcome. This quantity may be distance or flight of a dismount or a vault, height of a tumbling skill, amplitude of a swinging movement on the bars, or stability on the balance beam. There presently exist complex computer programs which are capable of carrying out the process for certain types of mathematical models, but to my knowledge none have yet been applied to gymnastics movements. In any such manipulation of variables care must be taken that we do not ask the model "gymnast" to have unrealistic flexibility or super human strength. To this end the physical capabilities of the gymnast that we wish to model must also be known. This last piece of information in itself is difficult to acquire due to the complex nature of the human body.

Eventually all of the above steps will be implemented in research in the sport of gymnastics, but that time is considerably down the road. To date, a few researchers in gymnastics biomechanics have analyzed a small number of skills and many of these have been automated or are now routinely done in a far superior manner. A start has been made on the modeling of vaulting (see IG Technical Supplement No. 3) which represents an initial step in the process of optimizing our vaulting techniques, but this is a drop in the bucket with regards to the needs of the sport. In contrast to some Eastern Block countries, the United States has had no coordinated effort in this direction and very few qualified individuals engaged in such research. For this reason progress will remain slow for some time to come unless a concerted effort is made to put the biomechanics of gymnastics on a more secure and broader base at both the practical and research levels.

Dr. Andrew Denner

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M.A. in Physical Education from the University of North Carolina at Chapel Hill,

Currently teacher Biomechanics at the University of Maryland

He is nationally rated Men's Judge.

He has been in the U.S.A. for 13 years

He will be featured speaker at the 1989 Coaches Congress.

## THE SPORTS MEDICINE VIEW

by Neal C. Small, M.D.

In the last issue of *Gymnastics News*, Roger Coonsel, Executive Director of the U.S.G.F., mentioned several future target areas for research and development in gymnastics. One of the most important of these areas certainly is the prevention and treatment of injuries in gymnasts. The injury rate in high school, club and intercollegiate gymnastics is among the highest in both men's and women's sports. Gymnastics has been shown to have a higher rate of injury than any men's sport other than football and wrestling. The injury rate in women's gymnastics is among the highest along with softball, cross country and track.

In this initial column I would like to give you a brief summary of some limited studies published recently regarding the frequency and types of gymnastics injuries. In an excellent review of gymnastics injuries during a two year period in the Seattle area, Garnick and Requa noted 39.8 injuries per 100 participant seasons. The types of injuries seen in gymnastics usually result in loss of time from practice and competition rather than causing severe and permanent disability. Strains and sprains of the back were found to be quite common, but the single most

common injury in this group of high school, club and intercollegiate gymnasts was the sprained ankle. Snook, in a study of gymnastic injuries at the University of Massachusetts involving the women'sarsity team, also found ankle sprains to be the most common injury. In his series, the next most common injury was found to be "supraspinatus tendinitis" of the shoulder. We now recognize this entity to be an impingement syndrome involving the rotator cuff and biceps tendon. In the next issue of this magazine I will discuss this shoulder problem.

The study by Garnick and Requa showed that almost half of the injuries in women's gymnastics resulted from the floor exercises and tumbling. The remainder of the injuries were rather evenly distributed between the vault, balance beam and uneven parallel bars.

This brief overview of gymnastics injuries will hopefully stress to you the frequency with which they occur in this exciting and rapidly growing sport. In subsequent columns we will discuss such varying subjects as knee injuries, ankle sprains, strength training, vitamin and protein supplementation and fluid replacement. I would also welcome suggestions from you, the reader, regarding future topics of discussion. In my next column we will discuss shoulder impingement syndromes.

*This column is being started on an ongoing basis to better serve the gymnastics community.*

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# USGF International Invitational

## Women's Report

### Delene Darst, Women's Technical Director

Lasting impressions of the USGF International Invitational are of outstanding gymnastics (some of the best in the world), a well organized competition and a wonderful reception by the people of Hartford, Conn. The atmosphere of friendliness among the competitors, coaches, and judges during the training as well as during the competition was wonderful and unique to an international competition of this caliber. Seeing young women from different countries congregate each other as they completed their routines was heartwarming.

The performances of the young women from China were thrilling for all and left no doubt that they are a world class team. Their precision of performance throughout the competition made up for any weaknesses they had in difficulty. Of the four events, as a team they were strongest on the balance beam. Their beam routines were exciting, had excellent rhythm as well as outstanding combinations of difficulty. Although similar in difficulty each routine had a uniqueness to it which was refreshing. It was very difficult to distinguish one gymnast from another as they all had the very same body shape and were very close to being the same in height.

They also showed very strong execution and outstanding technique on the uneven bars. With a few exceptions the routines were composed mostly of clear hip circles to handstand, salter to handstand and grain swings to handstand. Most of their twisting and saltes were shown in their dismounts.

On the floor exercise their tumbling was of the highest difficulty and very well performed. Three showed a double salto with a full turn and all had double saltoes. If there was a weakness to be found in their floor routines it was in the level of the dance combinations. However, what was done was with grace and beauty of movement.

The Chinese team's vaulting was good but not exceptional. It appears they are just beginning to master the more difficult vaults.

The USA team was also thrilling to watch. With only one veteran, Marcia Frederick, on the team, the depth of the performance level in the US was shown to be outstanding. The American women were the strongest team in the competition in vaulting. Excellent performances on balance beam and floor exercise were shown by newcomers Kelly Garrison, Lynn Ledner, and Lucy Collins. Lynn performed well enough for a second place medal on floor and Kelly earned a third place medal. Lisa Zein's pike dismount also mount on beam was very exciting to see. Lisa also performed with a mastery of style and exuberance in the rhythm of her beam exercise. Tracy Curtis another newcomer on the American team, competed with consistency and coolness for one with little or no international experience. The star of the American team was Marcia Frederick who was outstanding in every event. Her vaulting was second to none in preliminaries, and her scores were high enough to win her the gold medal despite some problems in the finals. On uneven bars



Lynn Ledner

Marcia's exercise was exciting and very well performed. The reverse back from a low-on undermount thrilled all who saw it. She did it so well that it looked simple but everyone sensed the difficulty and risk involved in the movement. Unfortunately she missed a in the finals which cost her a silver medal. Balance beam and floor exercise were strong events for Marcus also. Her second place medal in the all-around placed her among the best in the world in this event.

The third place team was from Japan, and they showed a great deal of improvement from World Championships in Ft. Worth. Their best events were balance beam and floor exercise. Their routines were consistent and most of them had strong performances in preliminaries. However, in finals several had problems with falls which kept them out of contention for any medals.

Another team which showed much improvement was Korea. Their execution and consistency was noticeably improved from World Championships. They have good difficulty and as soon as they develop more style and consistency will be a team to contend with.

The Canadian women were beautiful in performance but lacked the needed difficulty. Each of the other countries such as Canada without full teams, Norway, Italy, New Zealand, and Switzerland had gymnasts who performed well and even outstanding in one or two events. Except for a couple of routines the difficulty was also lacking. Romy Kessler from Switzerland performed a very outstanding floor exercise routine which was thoroughly enjoyed by the audience. Their reaction to her exercise was very enthusiastic and showed their appreciation for a job well done.

All involved in every aspect of the competition should be proud of a job well done. Even though there were some problems and some performances that were disappointing to those involved the competition was a success. This truly was a competition where a spirit of good sportsmanship and fairplay prevailed.

## "Hartford Highlights"

The Peoples Republic of China won both team titles, and numerous individual events.



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Kelly Garrison

Lynn Lederer

## "Hartford Highlights"

Meredith Fransick

Susan Meeker

USA

Phil Cahoy



Ron Galimore



## "Hartford Highlights"

Mitch Gaylord

Wallace Miller



## **International Invitational—Women's Results**

## Team Results

### **Event Finals**

NAME NOM	TEAM PAYS	RESERVE Moyenne	TOTAL TOTAL	FINAL FINAL
-------------	--------------	--------------------	----------------	----------------

WMA, T / 9.2013

001-000	FREDERICK, M.	USA	9,500	9,200	19,125
002-003	LI, C.	PRC	9,500	9,475	19,050
003-005	TEES, L.	USA	9,600	9,400	19,100
004-005	CHONG, C.R.	KOR	9,400	9,525	19,125
005-008	CHEN, Y.	PRC	9,400	9,425	18,975
006-001	KANG, Y.	JPN	9,700	9,425	19,125

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001	016	THU- Z	PNC	9,800	9,000	17,610
002	016	CHEN, Y	PNC	9,750	9,750	19,500
003	003	FREDERICK, R	LBM	9,700	9,250	19,950
004	028	KETTERLER, R	SMT	9,450	9,400	18,900
005	011	HANCO, Y	JPN	9,400	8,700	18,100
006	009	ABRAH, A	PNC	9,250	8,250	17,500
009	018	HORN, J	PNC	9,000	8,000	17,000

卷之三

001	015	RN, Y	PRC	9,900	\$,200	19,700
002	017	LI, C	PRC	9,800	\$,300	19,700
003	003	FREDERICK, M	USA	9,450	\$,500	18,950
004	001	COLLINS, L	USA	9,250	\$,500	18,400
005	021	HANCO, S	CAN	9,200	\$,600	17,800
006	004	AWERA, A	JPN	9,100	\$,700	18,800

卷之三十一

001 019 MED; J	PNC	9,900	9,950	19,750
002 004 LEBNER, L	WBS	9,800	9,850	19,450
003 001 MARRISON, K	WBS	9,800	9,850	19,450
004 017 LT; C	PNC	9,800	9,850	19,450
005 011 KANG, Y	JPN	9,600	9,550	19,100
006 007 HAN, S-H	WPS	9,400	9,350	19,000



Kelly Garrison

# Sports Medicine and the USGF Development Program

James G. Garrick, M.D.  
Medical Adviser, USGF

There are few sports activities—especially among those in which the United States is internationally prominent—about which, in a medical sense, we know less than gymnastics. For the most part, the medical problems associated with gymnastics are dealt with on an individual basis and exchanges of medical information are informal and haphazard. Although there is an increasing awareness of the medical problems associated with the sport, efforts aimed at alleviating these problems have been only of a general nature. These efforts, for the most part, have not taken into consideration either the specific injuries experienced in gymnastics or the idiosyncrasies associated with gymnastics training. For example, it may be appropriate to encourage extensive stretching routines prior to workouts but if those muscles most likely to be injured are not involved then the stretching serves little purpose toward preventing injuries.

It is, at this time, difficult to create a meaningful injury prevention program for gymnastics. Such a program requires that one first know the type and frequency of injuries associated with the sport—information that has not been available.

The sports medicine goals in gymnastics—or any other sport for that matter—are first to prevent injuries and second (failing at prevention) to reduce the severity of the injuries and the disability associated with them. To accomplish this, we must first know the type and frequency of the problems.

Through the cooperation of the USGF and a host of gymnasts and coaches, three projects have been initiated. The first and most extensive involves the National Junior Men's team and was initiated by Program Director Mai Watanabe. The second, also undertaken under the auspices of the USGF, involves the members of the men's and women's national teams. The third effort encompasses a group of Class I career gymnasts and their coaches residing in northern California.

All of the investigations are aimed at identifying the injury patterns associated with gymnastics. This information will serve as the base for injury prevention programs. Although all of the studies are still in their preliminary stages, they have already yielded information—some of which was previously unreported and unappreciated.

Among the 85 gymnasts currently being studied, the ankle will be the body part most often involved in injuries

that resulted in training interruptions lasting more than a week. Just as important was the finding that over half of the gymnasts reporting ankle injuries reported multiple injuries. The latter finding suggests a recurrence or re-injury rate in excess of 50 percent. Further, personal examination of a third of the gymnasts revealed inadequate rehabilitation for previous ankle injuries (i.e., lack of strength or motion) in nearly every instance.

Medical evidence strongly suggests that adequate rehabilitation—i.e., the re-establishment of normal motion and strength—will appreciably decrease the likelihood of recurrent ankle sprains—a problem accounting for at least one of every 20 injuries in gymnastics. Thus the Junior National Team members were instructed in a comprehensive ankle rehabilitation program. This program is to be carried out on a daily basis—an rehabilitation for those with a history of previous ankle sprains and as prophylaxis for those without previous problems. Team members are currently being monitored for the occurrence of future ankle injuries.

Because chronic wrist and low back injuries were each present in over half of the team members, specific rehabilitation/conditioning programs aimed at lessening the incidence and/or severity of these problems were also created. Again all team members were instructed in the techniques and are being followed regarding future injuries.

The three programs are essentially risk-free. They involve exercises that require little time or equipment. Adhering to these programs will neither interrupt nor alter normal work/school schedules.

To our knowledge, this effort is unique. For the first time, a national sport-governing body has created a program capable of not only identifying medical problems but also creating and implementing intervention programs aimed at alleviating the problems. In addition, the success (or failure) of the programs is being monitored.

The information gathered in this project suggests that the injuries sustained by national level competitors are not dissimilar from those plaguing gymnasts at local levels. Thus, the fruits of these investigations and programs might ultimately be used to enhance the safety of gymnasts at every level of development.

# Dutch Exhibition

Hal Halvorson

We all gathered together, the evening of September 9, at Kennedy International for our Dutch Exhibition tour at the invitation of the Royal Dutch Gymnastics Federation. The youngsores asked to participate were, for the girls: Lynn Lefever of the Mid-American Twisters and Suze Van Slyke of Willingboro Gym Club; for the boys: Mitch Gaylord of UCLA and Kevin Prady in the University of New Mexico, and myself, Hal Halvorson of the Big Sky Gym Club, Montana.

After the 7 hour KLM flight, first stop for the group was Amsterdam and there to meet us was Mr. Andie Beckman and Mr. Pim Heymans. After a cup or two of coffee, we toured the canals of Amsterdam. The city, the capital of the Netherlands is literally built on piling some sunk as deep as 30-40 meters because of the soft ground. After the tour a short motor tour of the city then off to 'Papendal' the National Sports Center for a couple days of training and adjusting to the time change. The first night, however, we just stretched out and got to know each other a little more.

The following day we shopped in Arnhem then caught the bus back to Papendal to work out for 3 hours. Dutch national coaches Leontine Horvath and Hans Von Zeelen were also training their youngsores.

We also planned our routine adjustments for the first exhibition that was to take place the evening of the 22nd.

By the way Papendal had facilities for all Olympic sports as well as recreational sports popular in the Netherlands.

The morning of the 12th we bussed to Dordrecht, the site of the first exhibition and after some shopping and touring we proceeded to the sport hall. Incidentally, Dordrecht is some 600 years old and one of the oldest sea ports in the Netherlands. Most of the very old warehouses are still standing as historic monuments to the past. In fact we passed thru the original city gate.

The exhibition was a variety show of gymnastics with Belgian modern jazz dancers, Republic of Germany trampolinists including Jorg Schiedt, Christinette Rother, and Barbara Kalisch Finland's Olympian and former U of W NCAA star Mauno Niisanen and West Germany's Bernd Elling and former World Champion Eberhard Goenger. Modern rhythmic stars Lilia Ignatova and Elliana Kara from Bulgaria as well as their coach and former star Nechka Robeva. Dutch M.R.G. participants included Joke de Boer, Vicki Lien, Susan Klap and Irma Bruggeerd. Dutch gymnast Sonja Schlegelmilch and Marjke Aarsone.

Equipment, particularly the floor-exercise and vaulting boards are definitely not as easy to use as our equipment.

The show began in a completely packed house of 2000 with the march in and introductions of various participants. The Belgian dance group started the action with three dance numbers followed by Lynn on unevena. She completed her routine consisting of free leg, pop front in high start, free hip combination so Commencement kick over low, and Suze Van Slyke with her way elegantly



Suze Van Slyke

performed balance beam routine handstand mount, including back walkover fl, ruck front and series and clean full off. Shortly thereafter Kevin performed his pommel horse and floor exercise, mounting with a tucked double and dismounting with a double full, in spite of the difficult surface to tumble on. Mitch Gaylord did a very nice F-Bar routine including nice shot hand, dramadou and a super double off. Giengy, Niisanen and Elling performed also as did Holland Marjke Aarsone with a well executed balance beam. The Bulgarian presentations with Modern Rhythmic sparked with difficulty and charisma and surely were show highlights. Later in the show Suze sparkled thru her floor as did Lynn (Lynn mounted with her piked double). High bar had to be the shows highlight, however, as Mitch Gaylord performed his Gaylord flip surrounded by an excellent routine finishing up with a pike ½ in ¾ out. Kevin's back uprise hand free hip & giant full twist regrasp through to full in. Goenger being the former World Champion demonstrated his prowess demonstrating with a full in. The show stopper was the superb clever high bar act put on by Elling, Giengy and Niisanen involving blundering spots, missed dismounts outlandish outfit and 3 men doing giants at the same time on high bar. I had watched the act in 1978 at the Hanover Turnfest but with the addition of Niisanen it was even better "full off."

After the show everyone attended a banquet and a few exchanges were made between delegation leaders to exhibition officials.

The next morning we were off to Langendijk and our second show. Langendijk (meaning long dike) is currently celebrating its 900th anniversary as a city. We, incidentally were part of the festivities. After a luncheon at which the

## Dutch Exhibition Con't.

show was explained we shopped for an hour or so and proceeded to the sport hall. From the start the organization of this show was tighter, probably because this one was organized by famous Dutch specimen Klaas Boot. Boot actively competed for 17 years and was Dutch National Champion for 10 consecutive years. Would you believe that Klaas never competed in the Olympics during that time? His Olympic hopes dashed 4 time over. The war, the Hungarian crisis, school and money right after the war.

Anyway, Klaas can a tight ship and his acts know gymnastics. Former local gymnasts from some 40 year's prior were in attendance.

The show was complete with spotlights, flowers and over 75% of the crowd decked with the traditional Dutch clothing including the famous wooden shoes.

The performances seemed to reflect that in class approach and although most performances were similar, the sequence and tempo was crisp.

The American kids presented Klaas with a USA hat as I wished Langedijk "Happy Birthday" and made Klaas as "Honorary American," trading him the USA hat for his traditional Dutch cap. Our youngests were steadier, tumbled better and performed excellent routines. Kevin performed P-bars and had no trouble on pommel horse. Mitch's P-bars, pommel horse and high bar were great. The Dutch had eamolinist in this show, some being Klaas' Some names were P.J. Steinlen, Jacqueline de Ruyter, Diane Wong and Inge Mollema.



Klaas Prady

Vault went well, Lynn with a full on full off and Sunc Hyp. full.

The comedy high bar was again great and the show finished with everyone being presented with a large 'gouda' cheese and a bouquet of flowers.

A great show for participants as well as the audience of 250+

Afterward a very elegant banquet complete with candlelight and all awared us back at the hotel.

I presented some Charles M. Russell western art books to the delegation leaders from the various countries as well as Andre Beckman and Klaas Boot, as well as to the

Continued p. 15

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## Dutch Exhibition Cont.

Federation representative Mr. Borgesende and thanked them all on behalf of our youngests as well as our Federation.

The following day Klaas took the Bulgarian girls and us on a tour through the countryside to the dike on the English Channel to the Zuider Zee and explained how the dike, canals, and windmills served to aid the Dutch in their reclamation of land from the sea, a truly remarkable feat, particularly when one observes it firsthand. His off to the Dutch for their hospitality and a great big "thank you" from our gymnastics community. On a personal note, thanks for allowing me to represent our country, again it was an honor and our youngests represented us exceptionally well and I believe benefited us socially as well as well as competitively.

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# A Coaches View of Injuries

By Michael Zapp  
Pacific Palisades, California

*Editor's Note:* Coach Mike Zapp takes a philosophical look at avoiding, dealing with and working around more minor injuries common to gymnasts. Of course, proper remediation by sports medicine personnel is recommended for any serious injury. The author does make some interesting suggestions for efficient use of time during the recovery period.

**PRE-SEASON SYNDROME: ANXIETY** Gymnastics season is almost here! The moment of reckoning for most of us these last several weeks approaches in like an epidemic. Injuries seem to be catching and we all wonder why.

The injuries I am referring to usually stem from anxiety; a fear of what might happen. Gymnastically speaking, anxiety occurs when anticipation of the season becomes too much for the gymnast or coach to control. Both find themselves worrying too much during this period. As in every day life, deadlines must be met. For some this presents no problem, but for the rest of us, the problems growing out of anxiety become more traumatic than the anxiety itself. Injuries are usually just a physical manifestation of programmed negative thoughts generated by anxiety. We tend to dismiss and exaggerate our problems. Pain is more painful, emotions are intensified, skills become weaker and time gets shorter.

Have you ever listened to the conversation that goes on inside your head during anxious moments? It probably follows this thought: "I have to get this trick in two weeks. I have to get it, or the routine won't be worth doing. What's wrong with me, why can't I learn it? I'm just a lousy gymnast. I'm no good—I should quit. I hate myself!"

Does this sound familiar? Thinking along this path only hinders you from meeting your deadlines. It contributes nothing in getting the job done. It's a total waste of time and effort. You can begin to fight this mental disease by focusing your thoughts on the present. Centering yourself on here and now, the present begins to make you clearly aware of your feelings instead of dismissing them.

Only through patience can you acquire faith in yourself. This faith and confidence is stronger than all the muscles in your body combined. Wish it comes all those moves you knew you could do but were too afraid of. Having faith in yourself enables you to let go more and hold back less. Your effort should be put on relaxing enough to freely move about and then becoming aware of how close you came to doing just that. Don't worry about how good the move was. This only distracts you from developing awareness, an essential ingredient in movement success.

Confidence is built upon readiness, supported by preparation.

Taking the attitude of playing the role of "I am already able to do it," will help to strengthen confidence.

Quieting or calming your mind, bringing yourself closer to here and now, results in emotional stability, a consistent learning rate, an inner confidence and

heightened body awareness. Once this is accomplished, you will begin to truly realize how good you really are and there all that is left is your best.

## TRAINING WITH THE INJURED GYMNAST

First of all, what is an "injured" gymnast? Definition A gymnast who is not able to function at total capacity, because of a physical limitation. In other words, all systems are not "go". While participating in gymnastics, one learns quickly how often injuries of some type are present. Such injury hinders the gymnast from having a normal or familiar workout because of pain, and/or fear of further injury. The coach and gymnast together should determine how the workout might be changed around to better accommodate the particular injury.

Some of the most common injuries are sore backs, torn or pulled muscles, some type of sprained joint and blisters, but even the gymnast with a fractured bone can usually find some way to train while recovering.

To train an gymnastics athlete—to get yourself ready both mentally and physically so that you are as familiar as possible with the move before ever attempting the new stunt. In terms of movement readiness, mental preparation is as important as the physical. One must be ready mentally if consistency is desired. The gymnast should attempt to keep their mind ahead, or at least even with their body's readiness.

With this idea of training in mind, there are very few injuries in which training would cause all together. For instance, a fracture involving the ankle is quite common. The doctor will say "stay off of it," but the gymnast often believes he means to do nothing until he is well again. A better way is to "work around it." Work on the little things, the things you normally do not have time to do. For example, this would be the time to develop your basics, the foundation that supports your most difficult moves. Developing strong basics such as posture, strength, flexibility and kinesthesia, (greater awareness of the inner body) is the same as preventing injuries.

Exercises should be developed for warmups and post-workout conditioning that encourages correct posture. Posture is most basic to all athletes and also influences general health for the rest of our lives.

You can increase your strength by working with weights in whatever position (sitting, standing or prone), that will accommodate the injury. This extra time is also useful in analyzing gymnastic films on moves you have been doing or will be working upon, in order to further your understanding of the mechanics involved as well as developing a feeling for the move in your mind.

Keeping the injured gymnast active mentally, as well as physically, will assure a good attitude. Frustration is all too common during an injury. A gymnast often takes the attitude, "Well, if I can't work on what I want, I won't work at all." Lack of activity, doing nothing at all, only adds to the frustration of the gymnast. Being active gives the gymnast a way to release that type of tension which may soon turn into negative attitudes and further injury. The idea here being that gymnasts need to keep a good self-image to insure confidence, enabling their mental strength to grow.

*Continued p. 17*

## A COACHES VIEW OF INJURIES

Coping with an injury should be looked upon as an indicator for future success. For some, the patience required for an injury is far greater than that needed for learning a new move. It is a well-known fact that a person who is happy while sick or injured, heals much faster than a person who is unhappy. This reinforces the idea that healing begins first through the mind, resulting in an outward healing. The gymnast's ability to imagine him or herself healing will contribute as much to the rehabilitation of the injury as one's ability to imagine a move being done successfully before the move becomes reality.

Activity of some type tends to make people, especially athletes, happier. Whether it's tennis, swimming, or even analyzing films in gymnastics, they all help in keeping the mind sharp and fit which promotes a healthier attitude.

This healthy attitude towards training with injuries eliminates those gymnasts who might seek "the easy way out" using the excuse, "It hurts so much, I can't work out today." The beginning gymnast should learn early that he or she cannot miss workouts merely because of pain. In other words, the gymnast should understand that during an injury period, the objective is to be happy, thinking and feeling, "I'm still a gymnast and a good one." **THE INJURY SHOULD BE ISOLATED TO THE BODY ALONE, AND THE MIND AND ATTITUDE STRENGTHENED WHILE THE INJURY IS HEALING.**

Developing awareness of the injury in terms of exact parts and type of pain and range of motion can decrease the pain and healing time. This awareness will lessen the fear which somehow causes pain to be distorted and can easily develop into a convenient excuse for avoiding workouts. Knowing which motion causes pain also decreases fear of accidentally moving the wrong way. If the gymnast really wants success, he or she must learn how to train daily regardless of injury. They should think of pain not as a red light but as a yellow light, an indication to slow down and proceed with caution. This is where a coach is needed, who is both sensitive and flexible to the gymnast's needs, to determine the amount of motivation and extent of training appropriate to the injury.

The coach should keep sympathy extremely minimal, finding other ways to show he or she honestly cares. Showing the gymnast a way to help oneself, is far more constructive than mere sympathy. This teaches the gymnast one of life's many lessons: **LEARNING HOW TO LEARN.** The coach must understand the gymnast and realize how it is sometimes difficult to work with pain, but that often the pain can seem small and almost unnoticeable when you are having fun. In other words, your attention is now on doing instead of judging and dreading this disruption called pain. This is not to say ignore pain, just become aware and familiar with it. Judging it as "good" or "bad" has little to do with the problem and only leads one further from the truth. Coaches' motivation during injury can influence healing time. The coach should only help the gymnast become aware of his or her problem. The gymnast's reality can be found through questions like, "Exactly where and how much does it hurt? Does it hurt so much you can't do this

activity? Can you stand it without getting upset over it? Can you find another way to work on the same skill that will not aggravate your injury? The coach can give positive reinforcement by helping the gymnast find an alternative way to learn and have fun too."

Ask questions that pin-point the pain. It's not the coach's duty to make the gymnast successful and happy. Instead, the coach merely lets the gymnast find success. Without the coach pushing, the gymnast begins to pull. Happiness is something that cannot be forced upon someone...it is already there within; however, sometimes the coach has to remind the gymnast why they are doing gymnastics. "It's their happiness!" Some possible arts to work on while injured are **STRENGTH, FLEXIBILITY, ENDURANCE, DANCE, FORM, POSTURE, DIET, ANALYSIS OF FILMS, AND DEVELOPING THE FEELING OF GYMNASTICS THROUGH THE MIND (INCLUDING MEDITATION).** Learn how to think clearly by calming and relaxing yourself.

Important in the area of injury rehabilitation is the use of a doctor or physical therapist who relates to athletes. A rehabilitation center can be extremely helpful in giving corrective exercises to promote a speedy recovery. Physical therapists are usually happy to work with athletes and their problems, partly because that helps to break up the monotony of their usual work. It is stressed to seek the help of a "Sports Doctor" first and then the physical therapist, to prevent further injury. It is hoped that this article will help our athletes to gain a stronger mind and body for their gymnastic careers and most important, to enhance the quality of their life.

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# USOC SPORTS MEDICINE PROGRAMS HELP ATHLETES REACH FULL POTENTIAL

By Dennis F. Keegan  
**U.S. Olympic Committee  
Director of Public Relations**

Brilliant and, in many cases, extraordinary performances by foreign athletes at recent Olympic Games dramatically pointed out to sports officials in this country that if American athletes were to continue to compete on a par with other athletes of the world, dynamic new steps would have to be taken in the increasingly sophisticated area of Sports Medicine-related training. In particular, the successes of East German athletes at the 1976 Games in Montreal focused the eyes of the sports world on that nation's extraordinary gains in Sport Medicine testing, evaluation and training techniques. As the importance of Sports Medicine as a vehicle to improve athletic performance and health assumed world attention, the United States Olympic Committee set out to narrow the gap between available scientific knowledge and its availability to the athlete. The goal was to establish applied scientific information and services for athletes and the public alike.

The Sports Medicine program under United States Olympic Committee tutelage rests on the premise that total awareness of one's capabilities—physical and mental, when married to specially tailored programs enable athletes to maximize their potential. Sports Medicine extends beyond the promotion of good, general health and fitness and the prevention of injury and disease and is dedicated not only to physical and psychological maintenance, but improvement. Detailed evaluations enable athletes to discover the best way to maximize their potential through individually designed programs.

The United States Olympic Committee's Sport Medicine program was inaugurated with the opening of the first Olympic Training Center in the summer of 1977. A Sports Medicine Council, headed by cardiovascular surgeon, Dr. Irving I. Dardik, provides professional guidance for the program's direction, increasing sophistication, and growing problems. The Council gathers and interprets information for dissemination to athletes, physicians, coaches, trainers and others working for the improvement of amateur athletics. Its goal is to reach youngsters throughout the country to help them become all they are capable of being athletically, and to extend the benefits of scientific research and knowledge to the mental and physical well-being of all Americans.

By mid-1980 more than 25,000 athletes of all ability levels had taken part in Sports Medicine programs the USOC's Olympic Training Centers offered.

A new dimension in program development occurred as the USOC took to the road with its first Mobile Olympic Fitness Laboratory early in 1980. The lab travels by appointment throughout the nation to bring Sports Medicine evaluation and training to athletes at "grass root" levels.

Athletes involved in Sports Medicine programs—whether at the Olympic Training Centers or through the Mobile Olympic Fitness Laboratory—are

monitored by the National Governing Bodies (NGB's) for their respective sports. These NGB's oversee the management and development of Olympic sports nationwide.

Each program is designed at the request of the NGB, to seek out specific information about an athlete and/or to request the design of the individualized training programs for athletes engaged in the sport.

While participating in Sports Medicine programs at the Olympic Training Centers, athletes are provided room and board by the USOC, which also funds the entire Sports Medicine program with the help of grants and services provided by major corporations and volunteer medical professionals.

However, it is really the American people who finance these important programs, individually and through corporate support, with their generous contributions to the non-profit United States Olympic Committee.

Basically, the USOC Sports Medicine program encompasses five broad areas: BIOMECHANICS—the study of human movement. Through scientific analysis and evaluation, Sports Medicine experts are able to identify for the athlete those movements, or points in time in executing those movements, wherein force can be maximized and performance optimized. These studies can also point out movements that impede performance through improper technique.

GENERAL MEDICAL—basic clinical programs addressing injury prevention and treatment and health maintenance, including vision acuity and dental screening.

**SPORTS PSYCHOLOGY**—the exploration of techniques on both individual and group basis to improve motivation and insure consistency of peak performance.

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**EXERCISE PHYSIOLOGY**—the basic evaluation and analyses of muscular strength and endurance, flexibility, power, body density and fat utilization, including the design of maintenance and/or development programs to help the athlete achieve his or her full potential.

As the ongoing Sports Medicine testing programs conducted at the Olympic Training Center, the travelling Olympic Fitness Lab is designed to identify individual potential and map out maintenance and developmental programs for peak physical health and maximum athletic performance. Services through the Olympic Fitness Laboratory, however, extend beyond those provided to the amateur athlete and have been adapted to service educational institutions, businesses and corporations, and other special interest groups as cities and towns across America visited by the Mobile Lab on a scheduled basis. While its primary purpose is to service the needs and requirements of athletes and the National Governing Bodies, arrangements can be made for others to benefit from specialized programs. Highly-trained professional sports physiologists and other sports science professionals armed with scientific knowledge gained from extensive



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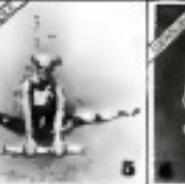
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# "Gymnastics Things"

## ATTENTION ATHLETES

In an effort to understand the individual drives and problems of our athletes, the United States Gymnastic Federation and the U.S.O.C.'s Athletes Advisory Council announces their 1980 Athlete representatives:

Mr. Bart Conner  
2325 Westwood Drive  
Norman, OK 73069

Mr. Peter Kornmann  
Gymnastic Coach  
U.S. Naval Academy  
Annapolis, MD 21402  
(301) 267-5155

Mr. Wayne Young  
Gymnastic Coach  
Brigham Young U.  
Provo, Utah 84602

Miss Kathy Johnson  
5812 Old Stone Mt. Road  
Stone Mt., GA 30087

Miss Linda McHenry Mulvihill  
116 W. 12th Ave.  
Eugene, OR 97401

Miss Nancy Thier  
3395 45th Street #218  
Moline, IL 61265

All Athlete representatives are active members of the USGF Board of Directors and their primary function is to reflect the viewpoints of the athletes to the rest of the Board members. It is the strong hope of the Athlete Representatives that gymnasts, present and past, communicate with them as to the needs of our gymnasts. Any athlete wishing to do so should feel free in contacting any or all of their representatives.

## Modern Rythmic Gymnastics

### "An Olympic Sport"

The International Olympic Committee has announced a change in the competitive program for the 23rd Olympiad, in Los Angeles, CA, 1984.

Modern Rythmic Gymnastics has been added to the gymnastics program. Individual Modern Rythmic Gymnastics events will be held during the competition, with two competitors, per country competing.

The addition of Modern Rythmic Gymnastics will bring a new level of performance and respect for this beautiful sport.

SARNEIGE IN ACTION

1979

Men's Trials, Fort Collins, Colorado  
World Championship, Fort Worth, Texas

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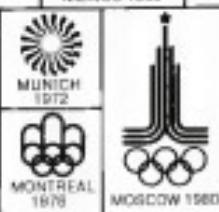
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# U.S.G.F. Regional Directors Meeting

## MINUTES

University of Berkeley  
June 26th, 1980  
Berkeley, California

### 1. Roll Call those present:

Region 1-Herold Frey; Region 2-Bill Hughes; Region 3-Robert Cowen and Randy Schumacher; Region 4-Stanley Atkinson; Region 5-Ray Gurn; Region 6-Rick Boyer; Region 7-Bill Ambrozy for Larry Moyer; Region 8-Rick Boyer; Region 9-Bill Foster; FRC Representative; Leonard Isaacs; National Coaching Staff; Don Gatzler; Wachino Mills; and Mrs. Wetzelde.

Herold Frey: 1980 Meet Format.

a. Discussion on the use of the 1980-84 rules now all these organizations must publish a consensus about them and the need to work together to develop standards.

b. Due to NCAA rule restrictions, Ron Weiser will be officially named as meet director.

### 2. The Regional Director for 1980-1983:

Region 1-Herold Frey  
Region 2-Helen Moogchi  
Region 3-Robert Cowen  
Region 4-Stanley Atkinson  
Region 5-Ray Gurn  
Region 6-Ray Johnson  
Region 7-Larry Moyer  
Region 8-Rick Boyer  
Region 9-Bill Foster

### 3. Responsibilities for the Regional Directors:

a. Maintain an open channel of communication between the National Office, Regional Office, and State Office. This vessel of communication should include all events, clinics, meetings, and various decisions as developed throughout the year in reference to the Boys USGF Developmental Program.

b. Conduct yearly Regional Clinics for gymnasts, judges, and/or coaches. This Regional Clinic should be carried with the National Office and scheduled in cooperation with State Chairman. The specific need of the clinic should correspond with the overall needs of the gymnastic region.

c. Conduct an official USGF Regional Meet with both compulsory and the optional exercises. This meet shall be carried with the National Office and scheduled in an appropriate time in June of next year. All results of the meet shall be forwarded to the National Office along with an official listing list of all gymnasts, coaches and personnel to meet director.

d. Be responsible for decision-making at the Regional Office in concurrence with the National Office. It is the responsibility of the Regional Director to assure all roles in formulating policies and procedures where matters concern the activities and events in the region.

e. Be responsible for promotional planning and publicity. It shall be the responsibility of the Regional Director to plan a systematic and comprehensive promotional program within the region to cultivate the advancement and expansion of the USGF Boys Junior Olympic Program. This area is vital to the future growth of the boys' program.

f. It is the responsibility of the Regional Director to attend two-national meetings of the Executive Board of the Junior Olympic Program. These meetings include the National Championships and the National USGF Congress. If such attention is unlikely for personal or professional reasons, a letter indicating the reason must be sent to the National Office one month prior to the meeting and indicating a responsible replacement for that specific meeting.

g. It is the responsibility of the Regional Director to assure information from his office to the members of the regional gymnastic community. The Regional Director must also maintain current and comprehensive mailing list of all clubs, YMCA's, high schools, Turner, Sokol, and other boys' gymnastic programs in his region.

### New Additions to the Regional Directors' Responsibilities:

1. Organize and conduct the regional testing program, every year, for the Jr. National Team selection in coordination with the National Office.

2. Sancton all competitions within a region.

3. Supply four (4) articles per year concerning regional activities to be published in the Gymnastics Bulletin.

4. Report on the results of regional championships to the Jr. National championships meet director.

5. Petition-Make the final approval for petitioning the gymnasium to the Regional Championships-Receive petitions for the National Championships and submit them to the National Office for the final approval.

### Responsibilities for the State Chairmen:

a. Maintain an updated State list of all gymnasts and clubs in that specific area. This list should be forwarded to both the National Office and the Regional Office.

b. Maintain an open line of communication between his office and both the Regional and National Offices. It is the State Chairman's responsibility to communicate and seek information as needed throughout the year.

c. Conduct the State USGF Boys Meet using both compulsory and the optional exercises. The results of this meet shall be sent to the Regional Offices and the director of the regional meet. In addition to the meet results, news items, promotional ideas, and other publicity information should be included. Most important is a financial report of the meet.

d. Conduct an annual State Clinic, notifying the National Office. The site and date of this event should be planned in cooperation with the Regional Office. The format of the clinic should be based upon the gymnastic priorities of the State. It might be judging, compulsory development, or coaching techniques.

e. State Chairman shall make decisions concerning only State related matters.

f. Be responsible for the promotional and public relations development of the Boys' USGF Developmental Program within the State. This is vital to the expansion and exposure of the boys' program.

g. Each State appoints a committee to assist the State New Additions to the State Chairman's Responsibilities:

1. Must attend regional championships  
2. Must immediately pass on information from regional directors and/or national offices.

3. Petition-Release petitions for the Regional Championships and submit them to the Regional Office for the final approval.

### 5-6th-1984 Jr. Olympic Age Group Competitors:

The Compulsory Committee Chairman, Bill Foster, reported the procedure that was involved in writing the new compulsories. Drawings will be done by Jim Sorenson and the table of deductions will be added. The entire packet of the comp choices will be available by September 1st. Mr. Wes Wetzelde will be conducting the compulsory clinic following the championships.

### 6. Rule Changes:

#### A Competitive Level:

There will now be 5 competitive levels next year and each level will be described as follows:

- Jr. Elite Level:
  - Class I (Advanced Division)
  - Class II (Intermediate Division)
  - Class III (Advanced Beginner Division)
  - Class IV (Beginner Division)

#### B. Competitive Chart:

CLASS	AGE	LOCAL AND STATE	REGIONAL	NATIONAL
IV	7-8	Competitors only		
	9-12	Competitors	13-15	
V	7-8	A. Competitors only	B. Comp and Opt	
	9-12	B. Competitors and Options	13-15	
	13-15			
	16-18			
VI	12-15	Competitors and Options	Comp and Opt	Comp and Opt
	16-18	Options	13-15, 16-18	13-15
I	16-18	Competitors and Options	Comp and Opt	Comp and Opt
	18-19	Options	16-18	16-18
Jr.	15-18	Qualify through age USGF Certified Open Meets		Compulsory (Optional) 15-18
Elite			15-18	

\*13 yrs. old compulsory work only be recommended

\*Each State and Region has the flexibility to determine what age group will compete at which level.

#### C. Jr. Elite Level:

a. Age requirement  
Must be the age between 16 and 18 years old.

Continued p. 37

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## Minutes - USGF Men's Regional Directors

**MOTE** 1980-1981 qualifying score for the Junior Olympic Nationals is 102 points based on Olympic compulsory and Optional exercises combined.

**d** The 1980-1981 qualifying score for the Junior Olympic Nationals is 102 points, based on Olympic compulsory and Optional exercises combined.

### c Eligibility

Any gymnasts who are able to meet the above requirements (including college gymnasts) are eligible.

**d** All the qualifiers compete at the Junior Olympic National Championships on June 25-27, 1981 (date will be determined at the Congress).

### e Junior National Elite Team

The top ten finishers in the all-around become the Junior National Elite team members.

#### f Ranking of the team members

1 Junior Olympic National Championships results will automatically determine the ranking of the gymnasts until the National Testing competition in December.

2 The last day of the National Testing will see all of the Junior National Elite team members competing in Options only, to determine the ranking from December to the next Junior Olympic Nationals. The next Junior Olympic National will be held in June of the following year.

#### g Training camp

1 The Junior Olympic Development Camp (June-July) will be held two weeks immediately after the Junior Olympic Nationals.

2 Winter training camp will be held one week following the National Testing in December.

3 Spring training camp will be held for one week, usually during the Easter week in March or April.

4 The National Spring Festival Training session is held five to seven days prior to the competition.

5 There are some possibilities of participating in the Senior training camp, but only by invitation.

#### h International competition

1 Junior National Elite team members represent our country as Junior gymnasts to compete in International competition.

2 Selection for international competition will be based on the most current rankings.

#### i Obligation and Responsibility

The Junior National Elite team members must fulfill all of the obligations and responsibilities set by the U.S.G.F. for any National team members.

#### j Qualifying meets

1 Any U.S.G.F. certified open meets.

Wisconsin Open November 7-8, 1980

David Wentworth (414) 286-2854

Windy City Open November 21-22, 1980

Glennon Johnson (312) 996-5014 or 2772

Oregon Open November 21-22, 1980

Bell Telephone (503) 658-3115

Mid-West Open November 26-29, 1980

State Expo/State (312) 589-1431

U.C.L.A. All Around Invitational December 5 and 7, 1980

Art Sharrock (310) 825-4614 or 829-1653

Farmington Open December 5-6, 1980

Bob Hess (210) 425-2123

Holiday All Around Classic December 12-13, 1980

Hutch Deneck (718) 774-7881 ext 315

[These will more open meets granted later in the season.]

#### k N.C.A.A. Conference meets

#### l N.G.A. National Championships

4 U.S.G.F. Regional qualifying meet (April 25-26, 1980)

#### m Score Requirements

Remain the same as the 1979-1980 season.

In case of no score requirement to qualify, gymnasts in both age groups

Each region will be able to send top 3 gymnasts to the National, with post-tournament evaluation of the score.

#### n New age group for 1980-1981

16-18 years of age

13-15 years of age

10-12 years of age

7-8 years of age

A gymnast's age will be determined as of January 1st of each year except Jr. Elite level.

#### F Gymnasts Mobility

Gymnasts will be allowed the mobility to move up one age only for competition. However, rules of the higher age class must apply.

#### g Jr. Olympic National Championship Format

It was decided that there be at least two (2) sessions. An age group of the National Championships plus an individual events trials.

#### h 1-2 seasons Class I

1 season Jr. Elite - May be combined - Compulsories.

3-Individual event trials consisting of the top 5 gymnasts per event.

#### i Office Report

8/10/80-Final-August 1st to 9th, Ft. Worth, Texas, into temporary offices.

#### j Events

1 National and Regional Testing

2 Jr. National Team selection

The new gymnasts added to the team after testing are: Chris Cason, Jim Parker, Randy Brooks, and Bruce Bryan.

3 Spring training camp

a USA vs Canada Team 'A' won 1st place, the remaining team completed as an exhibition team.

b Canada won 2nd place

c Team 'B' won 3rd place

d January-Japan vs USA consisted of 4 juniors and 3 college gymnasts. Matt Ament, Tim Cagger, James Mikus, and Joe Ray.

e December-British Invitational consisted of 3 gymnasts Tim Cagger, James Mikus, and Joey Ray.

f February-Milk Mkt USA vs Soviet Union-consisted of 3 gymnasts representing Jrs. James Mikus, Dennis Hegdan, and Dan Hegdan.

g March-Puerto Rico Exhibition consisted of 2 gymnasts Joey Ray and Tim Cagger.

h April-East Germany-consisted of 2 gymnasts James Mikus and Tim Cagger.

#### i Upcoming Training Camps

Tentative date-August 30-Sept 3-West Germany and USA consisting of participants from the Senior National Team and Junior National Team (the top 10 gymnasts from the Advanced division).

#### j Future Events

Selection for the competition in Greece (September) 3 Jr. gymnasts will participate.

Austrian Exhibition (November) 2 Jr. gymnasts will participate.

#### k 1981 Jr. Olympic National Championships

a A bid was received from Brigham Young University (official).

b Open bids were received from the University of New Mexico and Iowa State University.

This will be voted on at U.S.G.F. Congress (guidelines similar to NCAAs guidelines) will be set up in regard to the bid for National Championships published in the new rules and policies.

Committee will consist of Roy Johnson, Herald Frazee, Bill Foster, and Rick Boyar.

1981 Jr. Olympic National Championships date

June 26-27-28

#### l Petitions

1 Procedures, guidelines and forms have been sent to all the Regional Directors and the State Chairman, and they should be responsible for providing this information to those who need it.

#### m Petitioning to the Regional Championships

All the petitions should be filed to the State Office first, then the State Chairman will submit the petition to the Regional Director for the final approval.

#### n Petitioning to the National Championships

All the petitions should be filed to the Regional Office first, then the Regional Director will submit the petition to the National Office for the final approval.

#### o Non-salary Petitions

Must be filed in written form at least 14 days prior to the competition for the final approval by the State Chairman or the Regional Director (whichever applies), except in the case of an emergency.

#### p Standardized Medals

The U.S.G.F. Jr. Olympic standardized medal has been designed and will become available for the 1980-1981 season. The U.S.G.F. is seeking now for a National sponsor to finance and support our program. Further discussion will be forthcoming at the Coaches Congress in St. Louis.

Continued on p. 32

**FOREIGN RELATIONS COMMITTEE  
FOR WOMEN  
JACKSONVILLE, FLORIDA  
May 27, 1980**

**MEMBERS PRESENT:**

Roe Kressner, Bill Strauss, Linda Charnoff, Jackie Fox, Don Fenn, Debbie Darr, Bob Finch (Independent Clubs); Sue Amerson.

**GUESTS:** Bill Valentine, Roger Cowen, Marlene Bern

1. The minutes of the April 29, 1980 meeting in Salt Lake City, Utah were accepted.

2 Bill Strauss gave the report from the Elite Development Committee concerning the Eilar schedule for 80-81. The Elite Development Committee and they would support the proposals from the Elite Coaches Association, but Bill recommended that all decisions wait until the Eilar Symposium in August. This would give everyone time to evaluate the schedule proposed by the Elite Coaches.

The FRC voted to hold the World Championship Trials, October 1, 2, 3, of 1980.

3. Coaches for the World Championships Team will be selected in the following manner: six months prior to training coach selection an announcement will be made in the USGF News that applications will be received by the FRC Chairman for the position of coach or assistant coach of the World Championships Team.

After the Trials—the coaches of top 1-14 girls of the World Championships Training Squad will enter. The meeting will be chaired by the FRC Chairman. These coaches will review applications that have been received and by secret ballot select the coach. The coach will then review the applications and select the assistant coach from the applications subject to the approval of the other coaches—coaches from the top 10 girls.

All decisions are subject to final approval of the FRC for Women. Specific procedure for the election of the coach and assistant coach will be decided at our next meeting. (Number of votes needed to win 2/3's or simple majority and also whether a coach gets one vote or as many votes as he has gymnasts).

4 Bill Valentine gave a report on his search for sports medicine personnel, trainers and doctors. It was felt that a trainer was more equal to the team than a regular doctor. Trainer will represent both the men and women teams and must be skilled in the needs of each team. Those recommended were Dr. Weiland and Dr. Garrett. Bill will give the names of other trainers.

The Men and Women FRC's will discuss and suggest names for delegation leader. That person should be experienced internationally and represent both teams. Names suggested by the Women FRC are Bill Mende, GENE WENTZON, CHUCK JOHNSON, GRIM TROTTER and TOM McNEEY.

5 Golden Sands—We are deeply sorry that Jim Gaith will be unable to attend the Golden Sands Meet. Tom Jones will be asked and Greg West will be the alternate.

**6 International Meets**

Autumn-August 6-14, 1980

Two gymnasts from the Championships of the USA '80 can rank under starting from number 1 until two girls accept the meet.

b. Greek International, September 1980

Rank order from the Championships of the USA '80 those who do not make the top 10 Olympic Training Squad.

c. Autumn-November 6-16, 1980

If by June 20, 1980 we do not have a defense date for the meet in Greece we will cancel that meet and send those gymnasts to Austria. If the meet in Greece is confirmed then we will not accept the meet in Austria.

d. Clara Masi-November 17-22, 1980

Gymnasts 14 from the Olympic Trials and the gymnast should not go to West Germany (probably 8, 9, 10) coaches to be selected

e. Fallland-November 21-24, 1980

From the Olympic Trials in rank order those gymnasts not used in Clara or West Germany Meet.

1. Japan—November-December 1980

Will decide at the next meeting in August-Eilar Symposium.  
"After West Germany-No more appearances or competitions as an Olympic Team. The Olympic concept with all its duties, responsibilities will, etc., cease to exist."

7. At the USGF Congress a Coaches Symposium will be given to explain the duties and responsibilities on the international trips.

8. The next FRC meeting will be held at the Eilar Symposium in August. The FRC chairman will notify you of the exact date.

---

**USGF Men's Regional Directors Minutes**

**11 Coaches Congress**

October 3rd (Friday) to October 5th (Sunday), 1980

St. Louis Sheraton-St. Louis, Missouri

a. Regional Directors' meeting will be scheduled prior to the Jr.

Olympic general session

b. Jr. Olympic general session will be scheduled for approximately a 2 hour session.

c. Many coaches have expressed the need for a technical session during the Congress for Men

12. **Jr. National Coaching Staff**

Wieschen Mills

Don Gutier

Yolchi Tomita

Nine members

Susan Cable-Dance Program

Milt Foster

Bill Austin

Tony Gardner

Eric Melberg

Dr. James Gamick-Sports Medicine Program

13. **Regional Clock-1980-81**

This year's clock will be mainly new compulsory interpretation. Mac Watanabe or the Jr. National coaching staff will conduct the clock.

Region 1-September 20, 21

Region 2-October 25, 26

Region 4-November 8, 9

Region 5-September 25, 29

Region 7-October 18, 19

Region 8-September 13, 14

Region 9-November 1, 2

Region 11 and Region 12 dates have not been established.

14. **Men's Rules for Competition Book**

The book will contain every rule and regulation of the Jr. and Sr. Programs, as well as the compulsory exercises.

The book will become available the fall.

15. **Fleet Committee Service Award**

1986 Recipients:

Don Gutier

Wieschen Mills

Fred Turst

Robert Cineen

Gymnastium

New Award Committee members:

Robert Cowen

Roy Johnson

Larry Moyer

Rick Boyer

Meeting adjourned.

Recorded by, Don Gutier

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# FIG Women's Technical Assembly

## Keeping Up Internationally 'International Report'

### Unofficial Minutes

By Jackie Fine

FIG WTC Member

**1. Opening Remarks and Greetings:** By Mrs. Ellen Berger. Telegram from C.A. Letham was read concerning her inability to attend due to circumstances beyond her control and also her greetings to the WTC and delegates.

#### 2. Roll Call

##### Delegates & WT Assembly-34

Australia-W	Mongolia-W
Austria-W	Norway-W
Brazil-Man	Hungary-Man
Bulgaria-W	Peru-Man
China-Man	Poland-W
Czech Rep.-W	Portugal-Man
Den. Rep.-W	DOM-W
Cuba-Man	W. Germany-Man
Spain-W	Romania-W
USA-W	San Marino-Man
France-W	Slovakia-W
G.B.-W	Switzerland-W
Greco-Man	Syria-Man
Hungary-W	Czech-W
Indy-Man	USSR-W
Italy-Man	Venez-W
Kuwait-Man	Yugoslavia-Man
Mexico-Man	Total 34 (19 Men)

2/3 majority-22 2/3 or 23

absolute (simple) majority 17+1 or 18

Mrs. F. Thompson from Australia read a statement for the delegates concerning the fact that Israel and South Africa were not granted visas in contempt of IOC Charter and FIG Statutes.

Article 22 6 a

The Agenda was endorsed by 19 votes.

3. Report of President was unanimously approved.

4. Minutes of the 1988 WT Assembly were approved as corrected March 1990 Bulletin, pg 97, para 10.

"...It was stated that the height of the uneven bars can be measured at passing from the mat or the ground. Only after the new apparatus norms (1993) become exclusively valid as of 1991, must the bars then be measured from the mat. The norm books, if necessary, will be properly corrected."

#### 5. Competition Reports-given verbally for:

a. World Championships 1979 by M. Simionescu-general report

Specific apparatus reports by members.

M. Simionescu: 1A-Beam, 1B-Floor, 1C-Vault [no reports submitted in writing]

M. Matashova: 1A-Vault, 1B-Barre, 1C-Barre, 1D-Floor [written reports submitted]

U. Berg: 1A-Bars, 1B-Beam, 1C-Floor [written reports submitted]

J. Rai: 1A-Vault, 1B-Barre, 1C-Barre [written report already submitted to UGOF in writing]

b. Jr European Championships 1988 by members.

M. Simionescu-Beam [no written report]

M. Matashova-Floor [written report submitted to FIG-WTC]

U. Berg-Vault [written report submitted to FIG-WTC]

J. Rai-Gym [written reports already submitted inventing to UGOF and to FIG-WTC]

#### 6. Intercontinental Judges Course 1989-Moscow

-Report in General by E. Berger

-Report by Civil Lecturers concerning lectures and results obtained by the judges:

Vasil-J. Berg

Mary-J. Rai

Bevan-M. Shattock

Floor-S. Matashova

Other Continental and National Courses Reports as to level, chief lecturers, no. of participants and results were reported by Mrs. Berger.

#### 7. Elections

The delegates from Australia, Poland, Cuba and West Germany acted as scrutineers-counters.

Mrs. Elisabeth Kunz was nominated from the Noonee candidate. In order to be placed on the ballot a 2/3 majority was necessary-23 votes. The results of a second ballot were:

No-11

Yes-17

Invalid-5 (incorrectly filled out)

Article 15 and 27 of the FIG Statutes demand a secret ballot. A simple majority-16 votes) is necessary for election of the 7 members. Those candidates on the ballot who are not present, namely, Canada, Japan, and China, have the right to be elected.

Result of 1st and only secret ballot:

Mrs. Berger-33

Mrs. Matashova-20

Mrs. Simionescu-25

Mrs. Berg-23

Mrs. Rai-21

Mrs. Parashew-18

Mrs. Tsvetkova-15

(Note: 216 votes out of possible 258 were cast.)

Mrs. Berger was declared President by acclamation.

Mrs. Matashova and Mrs. Simionescu became the 1st & 2nd V.P.  
-Adjournment for Lunch

#### 2nd Session W.T. Assembly-8:00 P.M.-July 14

##### 8. Proposals by the Federations

(Dealing only with technical issues)

Note: Only 22 federations present at opening of 2nd session, then only 20.

Refer to FIG Bulletin May 1990 for Proposals in full.

##### Background: 81

Proposed to have one French speaking member on WTC. Reasons stated, are not entirely correct as all documents appear first in German, the official language of the WTC and are then translated into English followed by French by members of WTC or assistants [French: Mme Thielmann and Kunz]. This process takes much time. Ms. Berger states that special attention will be paid to the French needs in the future.

**NO VOTE**

##### Equality: 82

Proposal 81, Concerning right of participation in World Cup, Think and other similar proposals. The WTC suggests a Committee to study this for presentation and vote at the next Congress. Brazil delegate not present.

**NO VOTE**

##### Bulgaria-p. 104

Proposal 82 Concerning replacement of Men or Women gymnast. Rationale is quite good, as are the regulations for replacement. Romania spoke for the proposal.

Sweden spoke against.

West Germany states the principle is quite good, but advocates to accept with further study due to possible instigation.

Czechoslovakia agrees with W.G.

The WTC is in favor of proposal, provided an official physician of the FIG decides and if only 1 gymnast can be replaced.

Vote taken on principle of proposal with the task of writing proper rules for substitution left to the WTC.

Result-16 for

2 against

1 abstention

**PASSED**

##### Proposal 83 Vault cancellation of 3.8 and 1.0 penalties for vaults off final.

**DEFEATED**

##### Proposal 84 Men's parallel-

**WITHDRAWN**

Proposal 84 Originally for direct connection of "B" elements also WTC not in favor of this. The whole issue of direct connection isn't being studied and prepared.

**WITHDRAWN**

##### USA-p. 84-86

Proposal 85 All Around Competition: no scores carried from IA & ID

b) Final Competition: no scores carried from IA & ID

This is a similar proposal by France.

Volunteer to form special study group including France & USA with WTC to elaborate on proposal. Be careful not to influence any reduction of medals at Olympic Games and not to under emphasize compulsory exercises.

Result-16 favorable

**PASSED**

Continued p. 35

# July 14, 1980 - Moscow University

## Proposal of World Cup Participation:

Commission will be formed as for proposal from Brazil.

**NO VOTE**

Note: Proposal a) Head Judges rotation defeated in Mens Technical Assembly

Proposal b) Enlargement of Technical Committee is a matter for the General Assembly, since it affects the Statutes & Technical Regulations

After lengthy discussion in G.A.-confliction and apprehension concerning one member not voting, the proposal was withdrawn in order to be presented in a different form at next year's Congress.

Proposal c) elimination of orchestral accompaniment: USA strongly withdraw the proposal to give time for experimentation and development with orchestral accompaniment which will hopefully show an improvement in the quality of music and corresponding judgements.

The Proposed should serve as an instruction to the judges in terms of not being influenced by theoretical musical quality rather than the beauty of gymnastic performance and composition. It would serve also as an instruction to the organisers concerning the sound system which must not overshadow the gymnast and the other 3 events.

The USA will examine the progress next year before re-submitting the proposal, but in the interim the gymnasts' countries are reminded of the option to use the proposal before in the old Code.

Resigned-p. 66

Modification of Tech. Reg. and Statutes to be dealt with only in Olympic years. Vote in G.A. **PASSED**

France-p. 67-70

1. Proposal to eliminate computer-score-vote. **DEFERRED**

2. Separate Competitions for I, II, & III-similar to USA proposal. Commission formed-USA & France.

3. Generalization for the Olympic Games.

a) System  
8 teams from previous Worlds  
8 teams to enter 2nd qualification meet on neutral soil.

**PASSED**

b) Schedule for competition:  
3 events in a day 8.2 in p.m.  
WTC against this scheduling

Vote 18 against **DEFERRED**

c) 16 countries 8.24 individuals-is against IOC regulations. For General Assembly.

d) Rotation of Judges  
WTC is opposed rather strongly

Vote 16 against

1 abstention  
1 for **DEFERRED**

4. Regulations for competitions I, II, III-to be studied in the Commission established for this purpose.

5. Organization of Competition No. 2-2 different groups for the top 36.

Vote 12 against

2 abstentions

8 for **PASSED**

Great Britain-p. 70

A & B Groups in World Games (see attached)

WTC States that a study Commission was formed last year, based upon proposal of G.B. The results of this study Commission will be submitted to the General Assembly for vote. No vote taken. Note: G.B. withdraw proposal in G.A. and vote was taken to study further with 1981 World Games to be conducted as before- A group, see "B" group

Italy-p. 70-71

a) Age proposal-requiring 16-18 for major competitor. Same proposal as for DDR. Italy asks for a Commission to study age requirement and effects but considers how many years it will take for results. Requests vote for age 16 yrs. (in the year) for the Olympic, World Games, European Championships.

Result: 18 for

2 against

1 abstention **PASSED**

Age of \_\_\_\_\_ 16-18 would be valid for Jr. Championships.

Effective date, Jan. 1, 1981 (Youngest age not agreed upon)

a) Composition of Juries

-Open voting entirely passed in 1979

-3 judges & 2 Head Judges (one of which is from WTC)

W.G. spoke against this. WTC not in favor.

Vote: 19 against

1 for

-Classification of international judges for selection of Head Judge. Defeated in above vote **DEFERRED**

General Democratic Republ-p. 72

c) Age limit for Women's gymnastics-15 yrs. Already **PASSED**

a) Creation of Medical Commission

Vote taken in General Assembly-Result:

40 for

0 against

3 abstentions

**PASSED**

German Federal Republic-p. 73-73

a) WTC favors-belong to G.A.

b) WTC is against-belong to G.A.

c) General Assembly

d) Age of gymnast-must be **PASSED**

e) For General Assembly-rules will be incorporated into General Internal Regulations

Resigned-p. 73-74

a) Publication of decisions-part of Internal Regulations

b) Modification of Code and Technical Regulations-one not come into force until 1 yr after adoption. WTC favors. Vote in General Assembly unanimously **PASSED**

Sweden-p. 74

Gymnastics Qualifications for Men & Women-must be same for individual gymnasts

Vote taken. Result-21 for

Supported by General Assembly else

Spain-p. 74

Arabic as official language-vote taken in General Assembly

**DEFERRED**

OSR (oppose as per pgs. 48-49 France only)

1 for 21 against

A regulation will be drawn up, including number of participants, age restrictions as for individual competition: placemats or medals, rules for competition II & III-including number of difficulties, designation of gymnasts into groups 1 or 2 by national federations as according to rules for tests (not tested).

Note: 1 "C" part may replace only 1 "B" or 1 "A", as 1 "B" part may only replace 1 "A".

Technical Regulation will be clarified concerning participation in competition II & III-Ses Proposals of FIG Authorities on pg. 70, band 6.

3. Music for Beam-Necessary for connection, dance elements (step-jumps-hops-turns, etc), not only for acrobatic elements. Requests Authorities to experiment at home. No vote taken **NO VOTING**

USSR-p. 74

a) 6 judges for FIG Official Competitions-Code already states 5 **NO VOTE**

b) Coaches' Committee-issue for the General Assembly-no vote taken in G.A.

c) Height of Bars-only to be measured from the top of the mat starting in 1985

g) Proposals of FIG Authorities

Rules for D-A-HI approved by G.A.

10. Miscellaneous

a) Ms. Matashova to give report on "A" & "B" Groups for World Games in G.A. Proposal was defeated

b) Announcement of Judges who successfully passed the special Selection Test for Technical Categories test-STC

U.SSR-GIS A. Schweihe-HUSA

D. Konstantin-LSSR A. Blagden-Australia

M. Kruthen-WG M. Dietz-GDR

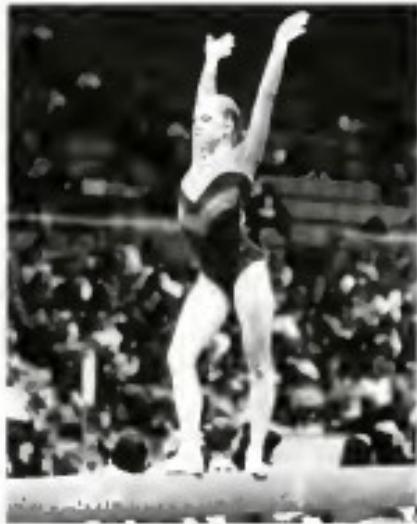
c) Symposium on Compulsory Exercises-to be held in early 1981 for trainer, judge and gymnast

d) New CV-PV lists to be distributed after Olympic Games

e) New Elements from Pg. Worth-to be added to Code-will be translated into French else

Adjusted.

Respectfully submitted,  
Jackie FM, FIG WTC Member



Photos courtesy USGF

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Coupe Américaine Dial  
Jeux Universitaires Mondiaux de 1979

## PROVEEDOR OFICIAL DE APARATOS GIMNASTICOS PARA:

1979 Campeonatos Mundiales  
1979 Concurso Mundial Juvenil por Invitación  
USA Campeonatos para hombres y mujeres  
USA Campeonatos Juveniles — Adultos  
Copa Americana Dial  
Juegos Universitarios Mundiales de 1979

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